

Breakfast Sandwich of the Year

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/new-year-brunch-recipe>

Ingredients:

- eggs
- 7 English muffin sprouted Grain
- goat cheese Capricho De Cabra is what I prefer
- avocado
- chicken sausage
- bacon

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 65 milligrams
4. Fat: 10 grams
5. Fiber: 6 grams
6. Protein: 14 grams
7. SaturatedFat: 3 grams
8. Sodium: 460 milligrams
9. Sugar: 2 grams

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